

CLP4110: EATING DISORDERS

Spring 2026

INSTRUCTOR: Yeonwoo Choi, M.A.

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Contact me through email or Canvas message.

**** NOTE:** Please begin your email subject line with [CLP4110]

ZOOM OFFICE HOURS: By appointment (online through Zoom)

Individual meetings are available by appointment over Zoom. The best way to contact me is through email. Please allow at least 24 hours for me to respond to your emails during the weekdays, and emails sent over the weekend will be responded to during the following weekdays. Undergraduate TAs will maintain the same boundaries with emails.

UNDERGRADUATE TAs (Available via Canvas message): TBD

REQUIRED TEXTBOOK:

Keel, P. K. (2017). Eating disorders (2nd ed.). New York: Oxford University Press.

COURSE WEBSITE: <http://elearning.ufl.edu>

COURSE DESCRIPTION: Overview of the causes and treatments associated with the full range of recognized eating disorders, including anorexia, bulimia and binge eating disorder, as well as a variety of subclinical forms of problematic eating behaviors and their surrounding factors and issues.

PREREQUISITE KNOWLEDGE and SKILLS: PSY2012

COURSE GOALS and OBJECTIVES:

By the end of this course, students will:

1. Be able to identify the range of eating disorders, their characteristics, and criteria.
2. Be able to describe several factors that contribute to the developments and maintenance of disordered eating.
3. Learn how eating disorders manifest in different populations.
4. Identify several treatment strategies for those with eating disorders.
5. Become familiar with the professional and scientific literature related to understanding and treating disordered eating

INSTRUCTIONAL METHODS: There are recorded lectures posted to the course site. You will be responsible for watching these lectures and for reading all associated materials.

COURSE ASSIGNMENTS:

Chapter Quizzes: There will be **11 Chapter Quizzes (20 points each)** spread throughout the semester. Chapter Quizzes will **close on Sundays at 11:59 PM**. You will have 30 minutes to complete each one. Your lowest Chapter Quiz will be dropped at the end of the semester. **Your lowest Chapter Quiz grade will be dropped at the end of the semester.**

Module Quizzes: There are also **6 Module Quizzes (30 points each)** during the semester. Module Quizzes will **close on Sundays at 11:59 PM**. You will have 60 minutes to complete each one.

Case Study Reflections: There are **6 Case Study Reflection Assignments (30 points each)**. These will all be opened at the beginning of the semester and will be due **Sunday of the respective week by 11:59 PM**. A rubric is included online.

Discussion Posts: There are **6 Discussion Posts (5 points each)**. These include an original post and a response post. A rubric is included online. Discussion posts will be open throughout the semester. **Original posts** will be **due by Thursday night at 11:59 PM** of each corresponding week. The **response posts** will be **due by Sunday night of each week at 11:59 PM**.

Extra Credit:

- Other extra credit opportunities may be offered as needed. These opportunities are offered to the whole class to facilitate learning.

**** NOTE:** There is a possibility that the quizzes will be administered through Honorlock. If any changes are made, they will be announced in class.

COURSE POLICIES:

Attendance Policy: Class is virtual. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Late Policy: Quizzes and assignments will be allowed to be submitted up to two days late. 5% of the total points that an assignment is worth will be deducted for each day the assignment is late.

Make-up Policy: If you have a university-excused absence, you will be able to make up assignments and quizzes without penalty. If something goes wrong while you are taking a quiz or you are completing an assignment, contact the Help desk immediately (helpdesk@ufl.edu) to get a ticket number. Any requests for make-ups due to technical issues **MUST** be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You **MUST** e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

If you do not have a ticket number, I cannot allow you to make-up assignments or quizzes without penalty. I highly recommend taking quizzes at places with strong Wi-Fi or on campus if possible.

Course Technology: The course site is on Canvas through <https://elearning.ufl.edu/>.

If you need support in accessing course materials, please visit or call the Help Desk:

- <http://helpdesk.ufl.edu>
- (352) 392-HELP - select option 2

Policy for Disputing a Grade: You will have one week (including weekends and holidays) after any course material grade has been posted to dispute your grade. The exception will be the LAST post/quiz because there won't be enough time to complete disputes and turn grades in. Disputes will **NOT** be accepted after that date. If you want to dispute a grade you will need to write a paragraph explaining the dispute.

For quizzes, write out the question on the quiz and a paragraph explaining why your answer is correct with references to the material in the text for each question or writing assignment you are disputing. Then send a private email with this information to the instructor's e-mail address.

Policy on Observing Religious Holidays: Observing religious/cultural holidays is important and I am here to work with you on how you can observe them without falling behind or being penalized in this course. Please let me know as soon as possible (at least 2 weeks before) a holiday you wish to observe, and we will come up with an alternate deadline for any assignments due during this period. Please see the UF Religious Holidays Policy here:

<https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/#religiousholidaystext>

UF POLICIES:

University Policy on Academic Conduct: UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

The Student Honor Code and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class. For additional information, see <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>

University Policy for Students with Disabilities: Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/get-started/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Sexual Harassment & Disclosures of Sexual Violence: Sexual Harassment is not tolerated in this class, in the Department of Psychology, or at the University of Florida. Sexual harassment includes: the inappropriate introduction of sexual activities or comments in a situation where sex would otherwise be irrelevant. Sexual harassment is a form of sex discrimination and a violation of state and federal laws as well as of the policies and regulations of the university. All UF employees and students must adhere to UF's sexual harassment policy which can be found here: <https://hr.ufl.edu/forms-policies/policiesmanagers/sexual-harassment/>. Please review this policy and contact a university official if you have any questions about the policy.

As mandatory reporters, university employees (e.g., administrators, managers, supervisors, faculty, teaching assistants, staff) are required to report knowledge of sexual harassment to UF's Title IX coordinator. Title IX violation includes sexual harassment, sexual assault, stalking, domestic/intimate partner violence, etc. For assistance or to inform Title IX any incident(s) that may constitute a Title IX violation, please complete the Title IX Information Form here: <https://titleix.ufl.edu/report/> or email inform@titleix.ufl.edu, or call 352-273-1094.

Class Demeanor or Etiquette: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions, and chats. Rude behavior or harassment will not be tolerated. If someone is making you feel uncomfortable or unsafe, please contact the instructor team or the UFPD (911) if it is an emergency.

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

GRADING POLICIES:

Methods by which students will be evaluated and their grades determined:

Assignment	Points
Chapter Quizzes	200 Points (33%)
Module Quizzes	180 Points (30%)
Case Study Reflection Questions	180 Points (30%)
Discussion Questions	30 Points (5%)
Syllabus Quiz	10 Points (2%)
Total	600 Points (100%)

INFORMATION ON CURRENT UF GRADING POLICIES FOR ASSIGNING GRADE POINTS:
<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

GRADING SCALE:

Grade	Scale	Grade	Scale
A	93-100%	C	74-76%
A-	90-92%	C-	70-73%
B+	87-89%	D+	67-69%
B	84-86%	D	64-66%
B-	80-83%	D-	60-63%
C+	77-79%	F	59% and Below

COURSE SCHEDULE:

WEEK	DATES	TOPIC	READING	ASSIGNMENTS
1	1/12 – 1/18	Syllabus	Look over the Canvas stie.	Course orientation quiz (due 1/18 at 11:59 PM.)
2	1/19 – 1/25	Introduction to eating disorders (Module 1)	(Keel) Chapter 1 Guidelines for Nonhandicapping Language in APA Journals APA - Eating Disorders (Links to an external site) APA - Eating Disorders Handout	Chapter 1 quiz: (due 1/25 at 11:59 PM.) Assignment 1: Case Study Reflection (due 1/25 at 11:59 PM.)
3	1/26 – 2/1	Introduction to feeding disorders (Module 2)	(Keel) Chapter 2 DSM-5 TR Eating Disorders	Chapter 2 quiz (due 2/1 at 11:59 PM) Discussion Post 1 (Your answer due by 1/29 at 11:59 PM, response to peer due 2/1 at 11:59 PM) Module 1 & 2 quiz (due 2/1 at 11:59 PM)
4	2/2 – 2/8	Eating disorders: Demographics (Module 3)	(Keel) Chapter 3 Weight Stigma Affects Men Too	Chapter 3 quiz (due 2/8 at 11:59 PM) Assignment 2: Case Study (due 2/8 at 11:59 PM)
5	2/9 – 2/15	Eating Disorders: Research (Module 4)	(Keel) Chapter 4	Chapter 4 quiz (due 2/15 at 11:59 PM) Discussion post 2 (Your answer due by 2/12 at 11:59 PM, response to peer due 2/15 at 11:59 PM) Module 3 & 4 quiz (due 2/15 at 11:59 PM)
6	2/16 – 2/22	Causes and correlates: Media (Module 5)	(Keel) Chapter 5	Chapter 5 quiz (due 2/22 at 11:59 PM) Discussion post 3 (Your answer due by 2/19 at 11:59 PM, response to peer due 2/22)

				at 11:59 PM)
7	2/23 – 3/1	Causes and correlates: Relationships (Module 6)	(Keel) Chapter 6	Chapter 6 quiz (due 3/1 at 11:59 PM) Assignment 3: Case study reflection (due 3/1 at 11:59 PM) Module 5 & 6 Quiz (due 3/1 at 11:59 PM)
8	3/2 – 3/8	Causes and correlates: Psychological factors (Module 7)	(Keel) Chapter 7	Chapter 7 quiz (due 3/8 at 11:59 PM) Assignment 4: Case study reflection (due 3/8 at 11:59 PM)
9	3/9 – 3/15	Causes and correlates: Biological factors (Module 8)	(Keel) Chapter 8	Chapter 8 quiz (due 3/15 at 11:59 PM) Discussion post 4 (Your answer due by 3/12 at 11:59 PM, response to peer due 3/15 at 11:59 PM) Module 7 & 8 quiz (due 3/15 at 11:59 PM)
10	3/16 – 3/22	Spring Break (no assignments)		
11	3/23 – 3/29	Treatment (Module 9)	(Keel) Chapter 9	Chapter 9 quiz (due 3/29 at 11:59 PM) Assignment 5: Case study reflection (due 3/29 at 11:59 PM)
12	3/30 – 4/5	Prevention (Module 10)	(Keel) Chapter 10 Prevention of eating disorders: A systematic review and meta-analysis	Chapter 10 quiz (due 4/5 at 11:59 PM) Discussion post 5 (Your answer due by 4/2 at 11:59 PM, response to peer due 4/5 at 11:59 PM) Module 9 & 10 quiz (due 4/5 at 11:59 PM)
13	4/6 – 4/12	Long-term outcomes (Module 11)	(Keel) Chapter 11 Intro to Eating Disorders Special Edition of the	Chapter 11 quiz (due 4/12 at 11:59 PM)

			Journal of Abnormal Behavior (Links to an external site.) Future Directions to Eating Disorders Special Edition of the Journal of Abnormal Behavior	
14	4/13 – 4/19	Final Thoughts	(Keel) Chapter 12	Assignment 6: Case study reflection (due 4/19 at 11:59 PM) Discussion post 6 (Your answer due by 4/16 at 11:59 PM, response to peer due 4/19 at 11:59 PM) Module 11 & 12 quiz (due 4/19 at 11:59 PM)

****NOTE:** As we go through the semester, the contents of this syllabus may need to change to enhance the class learning opportunity. If changes are made to this syllabus, they will be announced in class and on Canvas. It is your responsibility to come to class and to check for any announcements regarding changes online.